

Potential Strengths Discovery Questions by Life Domain

Family

- What do you like to do for fun? Who do you like to do it with? Tell me something about XXX (the person(s) named in the previous questions) or what do you like about XXX?
- What does the family do together? How do you celebrate holidays? Do you have a church home? If any answers are yes who do you do this with or who is someone there you talk to, etc?
- Do you want a partner and what do you expect in a partner? Are you dating a significant other?
- If your car breaks down whom do you call?
- If your husband had a medical emergency who would you get to watch your kids?
- What do you do with family/friends?
- How are you involved with your extended family, friends, and community?

Community and Residential

- How long have you lived around here? Who are some people who live around here?
- What do you like about your town? Who are people you like in your town?
- Who would you go to for milk or sugar?
- Do you have friends in the neighborhood?
- Who do your kids hang out with? Who do you do things with?
- Did you grow up around here? If so how has the neighborhood changed?

Education

- What do you like about your school? Who are people you like in your town?
- How do you get to school? Who would you call if you missed the bus or your ride?
- What is your favorite subject? Who is your favorite teacher?
- What do you want to be when you grow up? Why? Do you know someone who works in that field now?

Recreation and Leisure

- What music/movies do you like? Who do you go with?
- Describe a typical day for your self? Who do you spend time with?
- What do you and your family does for fun? Who do you do it with?
- What do you and your spouse do for a break? Do you do these things with other people?
- What are your hobbies separate and together? Who do you do your hobbies with?

Social

- What do you like about yourself? What do you like about your friends?
- Where do you and your friends go to hang out?
- Do you have a girlfriend? Boyfriend? Tell me what you like about XXX?
- If I asked your friends why they like you, what would they say? Ask them to answer this individually for different people and then tell me what you like about XXX?
- What are the qualities of a good friend? Who would you consider a friend?
- Who do you turn to talk to who is important who do you consider a friend?
- What kind of support do you get from family and friends? Has anyone helped your family in the past?

Questions for Eliciting Strengths

- We have been talking about some very serious matters. To give me a more balanced picture, can you tell me some of the things that you feel are good about this family?
- If you were describing yourself to others, what sorts of things would you say you are good at?
- What do you like about being a parent? What have you learned from the experience?
- Can you tell me what you like about your dad/mom? What sorts of things do you like doing together?
- What do you like about your son/daughter? What would you say he/she is good at?
- How do you usually solve family problems? Who does what?
- What do you do to cope in times of stress?
- Who do you turn to for help in dealing with problems? How do they help you?
- Who could best support you in managing problems? How could they help?
- What do you do to help yourself deal with the pressures of raising children?
- Clearly, things have been really difficult for you. How have you coped with these pressures? What keeps you going?
- How is it that, even though you are faced with all this, you have been determined to do the best for your children?
- Can you tell me about the times when you got along well with your partner/child? What did you like about those times?
- What do you consider is good about your family, and what do you like about it?
- What's good about your relationship with your child/mom/dad/sibling?
- What do you think they would say is good about their relationship with you?

Questions to Assess Strengths of Parental Attitudes and Values

- What do you think your parents thought was most important for you to learn as you grew up?
- What would you like your children to learn?

- What are some of your family traditions? (Holiday celebrations, etc.)
- Do you celebrate them now?
- How would you like to hear someone describe your family?
- Say a few things about loyalty as it relates to your family.
- Picture your family as you would like it to be. What is each person doing? What roles are they playing in the family?
- On a scale of one to ten, where are you now?
- What have you done to get this far?
- What are your family's greatest accomplishments?
- What are you most proud of about your family?
- What qualities and abilities do you use to help your family in times of stress or hardship?

Questions to Assess Strengths of Existing Formal Support Systems

- What services are you currently receiving?
- Which services do you think are helping your child and family?
- Which services are you most comfortable with?

- Are people available when you need them?
- Of all the services that you are receiving, who is the person that you find most helpful and dependable?
- Do you feel comfortable with the frequency of contact that you have with various agencies/services?
- Have you ever had a crisis in your family? Do you know whom to call? Did they respond promptly and in a helpful manner?
- Do you think the service providers are working together?

Questions to Assess Strengths of Existing Formal Support System

- Tell me about community activities that you are involved in? (Church, clubs, sports, scouts, lessons, etc.)
- Who is the first person your child calls when he/she needs help?
- Who does the family turn to in time of need?
- Do you have family members who live nearby?
- How often do you see each other?
- How are they involved with your child and family?
- Who is the first person *you* call when you need help?

- Who comes to your family celebrations? (Holidays, graduations, reunions, birthdays, etc.)

Questions to Assess Strengths of Informal Support Systems

- Does your child have interests or abilities that he/she would like to use or learn about in the community?
- Are there things that your family would like to work on together?
- What programs and/or activities are available in your community that you would like to be involved with if you could be?
- Is there anyone in your community that you or your child are interested in getting to know?
- Are there community programs that you know about that you have considered being involved in, but for some reason changed your mind or were unable to become involved?

Questions to Assess Other Family Strengths

- What were you like as a kid?
- What were you good at doing as a kid?
- What kind of student were you? Did you like school?
- Tell me about your favorite teacher.
- If you could say one good thing about yourself, what would it be?
- What would other people say? Your family members?
- How are decisions made in your family?
- The last time a problem occurred in your family, how was it handled?
- Describe the positive interactions in your family.
- What are some of the most important things that have happened to or in your family?
- What are the most important concerns that you are dealing with now?
- What was different when things were better for your child and the family?
- What was different when things were worse?
- What are the best things about each of your children?
- What are your dreams for your family's future?
- How did you and your partner/spouse meet?
- How long have you lived in this neighborhood?
- What are two good things about your neighborhood?
- How do you picture your family five years from now?
- What progress has your family made toward its goals?
- If you could accomplish one goal over the next year, what would it be?
- How do you make decisions as a family?

Strengths Discovery Questions

Strengths from Family Activities and Positive Memories

- 1) What does your family do for fun? When was the last time you did it?
- 2) When was the last time you laughed as a family? Describe what happened.
- 3) What are the most memorable events in your family's history?

Strengths of Family Cohesion

- 1) What does your family do well as a group?
- 2) What are the best things about your family?

Strengths of Each Family Member's Contribution to the Family

- 1) What do each of you like about each other member of the family?
- 2) What attracted you to your husband/wife/partner?

Parenting Strengths

- 1) For parents, tell me about all of the things that you have done and are doing well in raising this family?
- 2) Who do you think is a good parent? What do they do that makes them a good parent?
- 3) When was the last time you were really proud of yourself as a parent and what did you do?

Strengths for Working on Family Issues

- 1) What has worked well in dealing with family problems in the past?
- 2) How were they helpful?
- 3) How are things different when they are going great, or better, for your family?
- 4) How would you like your family to be different six months from now?

- 5) How do you receive support best?
- 6) When someone really helps you, what is it that they do that is the most helpful?

Recreational/Creative Strengths

- 1) What do you do for fun and when was the last time you did it?
- 2) What hobbies, interests, types of movies, books, etc do you enjoy?
- 3) Who do you enjoy doing these activities with? (informal supports)

Student Strengths

- 1) What are your favorite subjects?
- 2) What subjects do you want to get good grades in?
- 3) Are there sports, clubs or activities you in or would like to be involved in?

Strengths in School Climate

- 1) What do you like best about your school?
- 2) What frustrates you at school?

Strengths in School Relationships

- 1) Which kids at school do you like to hang around the most?
- 2) Name an adult at school that you admire.
- 3) What do you appreciate about him/her?
- 4) What do you do together?
- 5) Who was your favorite teacher of all time?

Strengths through Employment and Community Service

- 1) For employed parents: How do you use your strengths in your current job?

- 2) What opportunities do you have, or wish you had, for sharing your strengths and talents and services in your school, neighborhood, and/or community?
- 3) Who have you done this with, or whom would you like to do this with?

Spiritual Strengths

- 1) Are there any spiritual beliefs and strengths that you draw from?
- 2) Are there any persons who you have known or know now who provide spiritual care for you?

Neighborhood and Community Strengths

- 1) Describe what your neighborhood is like.
- 2) What would you change in your neighborhood if you could?
- 3) If you could live anywhere, where would it be? Who would live with you?